

Tweed Valley Ultra Route Checkpoints & Time Limits

Start Time: 0730 65K/ 0800 50k

Sunrise/Sunset: 0755/1600

Start/Finish Location: Glentress Peel Visitor Centre, nr Peebles, EH45 8NB.

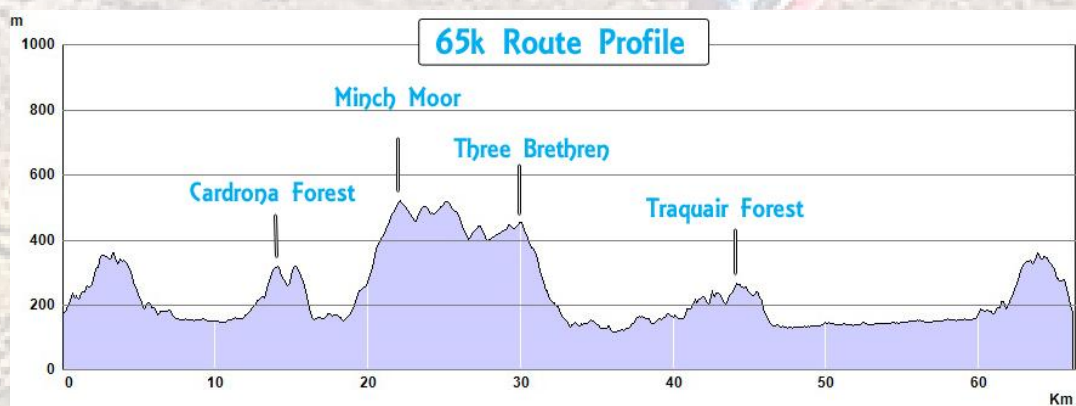
Maximum Time Limits: We want everyone to finish the race whilst enjoying this amazing area. However, for safety reasons, there is a maximum time allowance for the full event with intermediate course cut-off times established at specific locations.

65k CP's & Time Limits: 11hrs for the full event (Based on 6km/hr (3.7mph) approx.)

There will be four timing control checkpoints on the 65k route. These CPs are indicated on the event maps & must be visited in the order specified. Intermediate cut-off times will be established at these locations. These will be located at:



| CONTROL | LOCATION | GRID REF (NT) | DISTANCE | TIME LIMIT(Hrs) | ACTUAL TIME |
|---------|--------------------------|---------------|----------|-----------------|-------------|
| CP1 | Cardrona FC Car Park | 300 390 | 11.8k | 1:45 | 0915 |
| CP2 | Traquair Village Hall | 330 345 | 17.5km | 3:00 | 1030 |
| CP3 | Glenkinnon FC Car Park | 436 349 | 36.8k | 6:00 | 1330 |
| CP4 | Innerleithen FC Car Park | 335 358 | 51.6 | 8:30 | 1600 |

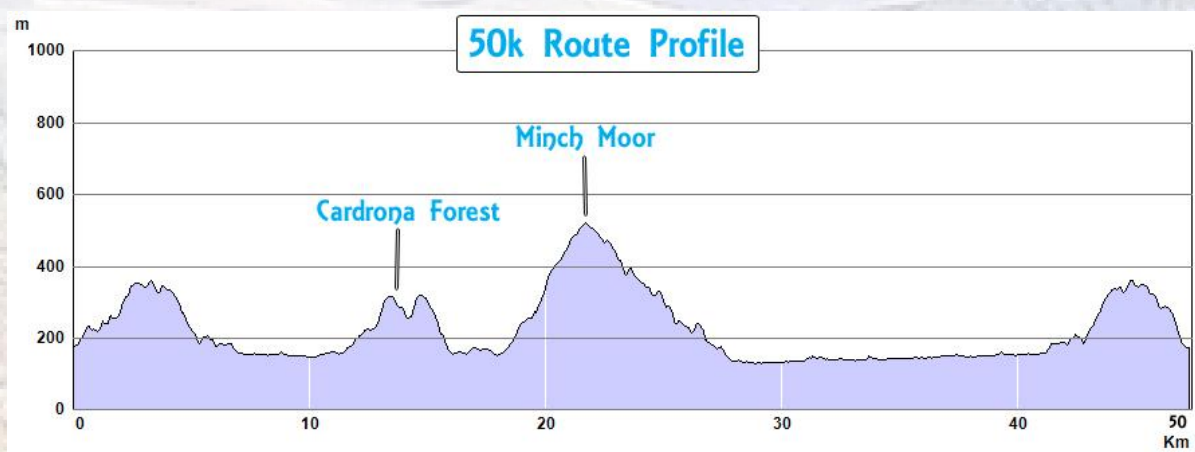


50k CP's & Time Limits: 9hrs for the full event (Based on 6km/hr (3.7mph) approx.)

There will be three timing control checkpoints on the 50k route. Intermediate cut-off times will be established at these locations. These will be located at:



| CONTROL | LOCATION | GRID REF (NT) | DISTANCE | TIME LIMIT(Hrs) | ACTUAL TIME |
|---------|--------------------------|---------------|----------|-----------------|-------------|
| CP1 | Cardrona FC Car Park | 300 390 | 12.8k | 1:45 | 0945 |
| CP2 | Traquair Village Hall | 330 345 | 19.5k | 3:30 | 1130 |
| CP3 | Innerleithen FC Car Park | 335 358 | 35.4k | 6:30 | 1430 |



Any participant not reaching these locations in the allocated time will not be permitted to continue the event.

Route Split Junction: The two routes deviate at Little Minch Moor (GR NT 368 332)

After leaving CP2 at Traquair village hall, the route follows a section of the Southern Upland Way climbing to Minch Moor, the high point of the route at 520m.

Soon after this point the two routes deviate, with the 50k descending through Traquair forest & the 65k continuing to follow the Southern Upland Way path.

This junction will be marked with the following sign:



Any 65k runners who decide to switch to the 50k route will need to do so at this location. Please ensure you inform the timing marshal at the Innerleithen CP (FC car park), then continue following the 50k route to the finish.

You will receive an amended finish position for the 50k. However, you will not be eligible for any prize due to the different initial start sections.

Hydration/Feed Stations: These will be located at the following control point locations:

| Aid Station | LOCATION | GRID REF (NT) | DISTANCE | 65k | 50k |
|-------------|--------------------------|---------------|----------|-----|-----|
| CP2 | Traquair Village Hall | 330 345 | 17/19k | Y | Y |
| CP3 | Glenkinnon FC Car Park | 436 349 | 36k | Y | |
| CP4 | Innerleithen FC Car Park | 335 358 | 50k | Y | Y |

No cups will be provided for cold drinks. To help minimize waste you will need to bring your own water bottle, bladder, etc.

Course GPS Measurement: Recorded with Suunto Ambit Peak. We try to ensure that we measure the courses as accurately as possible using several different recording devices & various recording settings. Please note that the actual distance and elevation gain can vary between +/- 5 % depending on the measurement method, i.e., make & model of watch/GPS unit, unit settings, tree cover, etc.

Mandatory Kit:

All items on the following list must be carried by the participant for the duration of the event as a minimum requirement:

| |
|---|
| Full WATERPROOF body cover with taped seams (windproof is not enough) |
| Hat & gloves |
| Emergency foil blanket or bivi bag, whistle |
| Mobile phone fully charged |
| First aid kit to include: blister plasters/1 large sterile wound dressing/bandage or tape to secure dressing as a minimum requirement |
| Water bottle/hydration bladder/Cup. |
| Emergency food and fluid. |
| Head torch & spare batteries. To be carried from the start. |

Kit Checks: Random kit checks will be in place throughout the event including the start and finish. Any participant not carrying the required mandatory equipment will be disqualified & withdrawn from the event.

High Terrain Events